

E
N
N

CREATIVE GUTS



SPRING 2021

TABLE OF CONTENTS

2	FORWARD: COLLABORATE
3	LAURA HARPER LAKE + SARAH WRIGHTSMAN
4 - 5	SHAWNA CROSSMAN + LOGAN OUELLETTE
6 - 7	BRI CUSTER + JENNIFER LAMONTAGNE
8 - 9	MELISSA BRENNAN + MARCIA WOOD MERTINOOKE
10 - 11	SCOTT BAKER + MIKE DURKEE
12 - 13	MARC FOURNIER + AMY MACMAHON HOPKINS
14 - 17	BECKY BARSİ + ALISON PALIZZOLO
18 - 19	NICOLE SPEIDEL + SARAH THOMPSON
20 - 21	MARNIE BLAIR + ERIN BOAKE
22 - 23	ELIZABETH LAVOIE + HALEY SEARCY

COLLABORATE!

Hey, Listeners!

In a time when being together safely is complicated, we wanted to challenge creatives to find inventive ways to collaborate! Since the coronavirus pandemic began, we're seeing fewer people and getting out into the world to source inspiration less. We hoped to encourage creatives to do something special and inspiring — together.

We at Creative Guts love collaboration (Creative Guts is a collaboration, after all), so, of course, this Zine was a collaborative effort, too! We're thrilled to have partnered with the Derryfield School in Manchester, New Hampshire. Works featured in this Zine will be on display in a virtual exhibit at the Lyceum Gallery at Derryfield!

Like the podcast, the mission of the Zine is to tell the stories of the artists and creatives who are brave enough to put their art out into the world. This zine features collaborations from ten incredible pairs and includes photography, digital art, aerial silk performance, fiber art, paint, poetry, and baking! The creatives featured in this issue were selected with the help of guest juror, Becky Barsi. In addition to serving as the Vice Chair on the Creative Guts Board of Directors and Co-Chair of the Creative Arts Department at the Derryfield School, Becky is also the star of episode 25 of the podcast Thank you, Becky, for your help putting together this very special issue of the Creative Guts Zine!

Learn more about Creative Guts on the web at www.CreativeGutsPodcast.com and please say "hello" on Instagram or Facebook!

So with that, show us your creative guts!



Laura Harper Lake
Co-Founder + Co-Host



Sarah Wrightsman
Co-Founder + Co-Host

LAURA
HARPER LAKE +

SARAH
WRIGHTSMAN

Artful Harper Studios
artfulharperstudios.com
Exeter, NH

[instagram.com/wrightswoman](https://www.instagram.com/wrightswoman)
Newmarket, NH



Laudable Lafayette, Photography & Digital Collage



Pulchritudinous Potash, Photography & Digital Collage

SHAWNA
CROSSMAN

+

LOGAN
OUELLETTE

[instagram.com/smcrossman](https://www.instagram.com/smcrossman)
Concord, NH

[instagram.com/solidgoldart](https://www.instagram.com/solidgoldart)
Manchester, NH



à l'envers, Photograph, 12x18

These collaborative pieces between Logan Ouellette and Shawna Crossman pits the clean, smooth, and graceful aspects of an aerial silk performance next to the dirty, rough, and chaotic setting in which these photographs were taken.



verte, Photograph, 18x12

BRI
CUSTER

bricuster.com
Dover, NH

+

JENNIFER
LAMONTAGNE

jenniferlamontagne.com
Manchester, NH

These compositions of paint and thread were created by Jennifer Lamontagne and Bri Custer for Dear So and So, a show celebrating collaboration in an innovative way, at Distillery Gallery, Boston in 2019. The work was traded back and forth over six months, gaining and losing bits from each artist along the way. A dialog formed through the process. Bri's gouache was mixed in reaction to Jen's compositions of fabric, and Jen's stitches responded to Bri's shapes in cut paper until they formed a single language. These embroidery-painting hybrids now are products of a conversation between two artists, a collision of two seemingly disparate media. Please email bri@bricuster.com for purchase inquiries.



Untitled No. 1, Mixed Media, 12" diameter



Untitled No. 2, Mixed Media, 12" diameter

MELISSA
BRENNAN

+

MARCIA WOOD
MERTINOOKE

[instagram.com/lissaink](https://www.instagram.com/lissaink)
College Park, MD

mwmertinooke.com
Goffstown, NH

Ekphrasis is a type of visual art inspired by a literary work or vice versa. In this case, Melissa wrote a haiku-style poem and Marcia painted the image.

The poem tells the story of a woman starting a new life, how she handles its challenges and what she brings to her new home.

The painting depicts a pair of tea cups, a white rat, and block printed houses. The tea cups are a classic white china with a gold band symbolising tradition (china) and comfort (tea). The home silhouettes resemble Marcia's childhood home in a repeated pattern -- a comment on how our first home is always with us and that we may live in many homes across our lifetimes. The rat takes center stage as the only named character, but also as symbolic of how our attitude towards change is entirely our own.

Ekphrasis 3 (poem)
Melissa Brennan

Unpacks his tea cups;
Sees a rat, names it Fred.
A home of her own.



Ekphrasis 3, 10" x10" Oil paint on cradled panel

SCOTT
BAKER

+

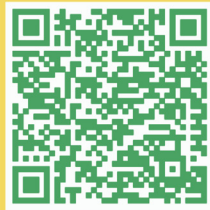
MIKE
DURKEE

smbpic.com
South Korea

Durkish Delights
durkishdelights.com
Alton, NH

FIND THE HIDDEN OBJECTS

1. Club Funky Funky Seoul
2. Severed Limb
3. Twelve Holes
4. Christ with Two Angels
5. Smiling Skull
6. The Tri-Force
7. Shooting the Pagoda
8. Duck Two Ways
9. Frolicking
10. Man and His Creation



ZOOM IN FURTHER
DURKISHDELIGHTS.COM

Our piece infuses Scott's photography with Durkish Delights' collage style hidden object art. It's like a Where's Waldo book but with photos from a world traveler meshed together with gritty, contrasted drawings and found images.



Late Nights in Yangjae, Digital collage

MARC
FOURNIER

+

AMY
MACMAHON
HOPKINS

Marc Fournier Art
[instagram.com/marcfournierart](https://www.instagram.com/marcfournierart)
Exeter, NH

RISE Wellness Collective
[risewellnessyork.com](https://www.risewellnessyork.com)
York, ME

Amy and Marc are old friends going back to the 1990s at UNH. While neither pursued careers in art, both have taken up art as a hobby (Marc in sketching and painting, Amy with poetry) in the last few years. Amy's poetry can be described as a blending of the natural world with the political and socio economic climate we are living in. Marc's very eclectic — inspired both by scenic New England and by a 1970s and 1980s aesthetic. Marc and Amy chose this particular collaboration because the poem speaks to the underlying emotions of navigating the global COVID-19 pandemic for the past year, while the pastel painting of the Portsmouth Harbor Light represents both warning and safety. These concepts blend well together.



Excerpt from "CUE THE MOURNING"
Amy MacMahon Hopkins

We've never needed understanding more than now,
Judgments of one another clouding this somehow.
What if it is ok to disagree?
And what if I can still love you,
And you can still love me.
What if we need to bend,
Might we break - never to mend?
Idealism wiggles her way in,
Wondering, could she win?

Moral compasses oscillating out of control,
Trying to land with some sort of soul.
Ethical dilemmas decorate each morning,
Like drops of dew, a clear warning,
We must begin anew.
Cue the mourning.

BECKY
BARSİ

+

ALISON
PALIZZOLO

Artsy Barsi
beckybarsi.com
Lee, NH

Art by Alison Palizzolo
artbyalizzolo.com
Hopkinton, NH

Artists Becky Barsi and Alison Palizzolo present a mixed-media collaboration that explores color, texture, and movement on a two-dimensional surface. The artists each approached a blank canvas and used their own creative techniques to activate the surface. The artists then exchanged the canvases and worked into each other's design to create these wholly unique compositions. Palizzolo's voluminous texture is overt and literal, while Barsi's paper collage is communicated to the viewer more subtly.



Air Mail Exchange Diptych, Mixed Media on Canvas 10x20

BECKY
BARSI

+

ALISON
PALIZZOLO

Artsy Barsi
beckybarisi.com
Lee, NH

Art by Alison Palizzolo
artbyapalizzolo.com
Hopkinton, NH

Artists Becky Barsi and Alison Palizzolo present a mixed-media collaboration that explores color, texture, and movement on a two-dimensional surface. The artists each approached a blank canvas and used their own creative techniques to activate the surface. The artists then exchanged the canvases and worked into each other's design to create these wholly unique compositions. Palizzolo's voluminous texture is overt and literal, while Barsi's paper collage is communicated to the viewer more subtly.



A Violet Exchange Diptych, Mixed Media on Canvas 10x20

NICOLE
SPEIDEL

+

SARAH
THOMPSON

Newmarket, NH

Berwick, ME

This is a piece in which Nicole writes about her experiences on a bike. The musings that come from existing within the moment, so much, that it in turn becomes a place of healing and beautiful ideals. Stability in root, Wonder in the breeze, well being in wandering, being within the physical to a visceral point, yet it almost seems she has breached the thin veil of our physical realm allowing it to be dreamlike, though that magic is all from the self. I interpret these ideas through my own visual aesthetic using pen and ink, then play around with digital media.

A Place
Art by: Sarah Thompson
Words by: Nicole Maria Speidel

There is a place called My Bicycle. It transports me over ancient root systems, under archways made of evolving leaves, into pathways where sun rays paint over waterscapes - inherently earnest, intrinsically adventurous. Nostalgia grows there like concord grape vines - verdant, and tangible. Pavement and gravel intertwine, as though each rotation of its wheels calls for a new song to play on a radio made of memory. Rock and roll is spoken there. All are welcome.

The changing colors of traffic lights create kaleidoscopes around every bend on the tectonic plate map to get there. You'll know when you've arrived when the sounds of tender bird calls, seafoam waves, and electric guitar strings, brilliantly echo within you like a warm breeze afternoon in May. Sage arrows point directions like a train track compass. Exploration is the name on every street sign.

There is nowhere else like My Bicycle in the constellation rhythm ebb and flow cosmos we surf upon, day by day. It is a place that embraces me like we all should embrace our younger selves - empathetically. It is a place that embraces me as a field of flowers does a full moon in Spring - bestowing "let's get out here" laughter upon every rainbow prism petal. It is a place that resonates like drum beat hands on a wristwatch made of atmospheric layers yet to be discovered. There is no judgment there.
No passport is necessary.

Gratitude, Gratitude, Gratitude.



Untitled, pen, ink, digital

MARNIE
BLAIR

+

ERIN
BOAKE

[instagram.com/marnieblair](https://www.instagram.com/marnieblair)
Alberta, Canada

[instagram.com/erin.boake](https://www.instagram.com/erin.boake)
Alberta, Canada

What began as a privileged act of staying home with the kids and making bread, quickly turned into a practice of making affordable art and a reliable source of income, for best friends Marnie Blair and Erin Boake.

Blair is a sessional faculty member at Red Deer College and Boake is the owner and operator of Artribute Art School, in Red Deer. The Red Deer artists have raised more than \$1,800 in an online auction for paintings...of bread. With neither of them working outside of the home, Blair spontaneously decided she was going to take on a challenge — bake a loaf of bread every day for fourteen days. “It was totally a joke,” said Boake. Blair started sending pictures of her home-baked bread to Boake. That’s when Boake decided she wanted to pursue her own challenge. What started off as a joke quickly turned into a collaborative project and the connection they needed. The photographs exchanged between the two have become something to look forward to daily.

Measuring ingredients, kneading, proofing and baking with her five year old, Blair found solace in the kitchen with her child. She was among the many who found sanity in recipes for stillness by channeling anxious energy into the kitchen instead of the studio. Boake, the mother of a three year old and five year old, painted at night after the children were sleeping. A need to create and support from the community has kept the duo busy making more than fourteen.

All paintings have been purchased by women who support the project. The work has become a series of pandemic time capsules and the project has strengthened their friendship despite being apart. The series is at 42 works to date and will continue as long as we are in quarantine.



Our Daily Bread #17, Oil on Board, 8” x 8”, 2020



Our Daily Bread #6, Oil on Board, 8” x 8”, 2020

ELIZABETH
LAVOIE

+

HALEY
SEARCY

instagram.com/lizlav1230
Dover, NH

Haley Searcy Art
instagram.com/haleysearcyart
Dover, NH

If a fruitfly were a sound,
it'd be a whisper.
If a seed were a thought,
it'd be a daydream.
If my voice were a color,
it'd be yellow.
The type of yellow that
fades into brown.
The type of daydream that
grows into belief.
The type of whisper that
becomes a scream.
These Things Out Loud.

These Things Out Loud, Poetry



Talking, Watercolor and ink on paper, 5x7

Our collaborative pieces explore our feelings surrounding climate change. As young adults, we feel frustrated that discussions around climate change are not as serious as they should be, and that sometimes we feel silenced by those who do not understand the importance of climate change and its impact on our lives. It is also a struggle to act in ways that will protect our earth and future generations because it feels as though every action is futile compared to the large corporations that cause so much damage to our planet, and the years and years of hurt our planet has endured from our society's collective lack of knowledge. Though these things can sometimes feel hopeless, we can create art that makes a statement and see if that sparks any changes.



Creative Guts is on a mission to awaken creativity within people of all ages by curating an environment for connection, collaboration, and the opportunity for gutsy creatives to share their stories with the world.

We do this through programs, zines, events, and a podcast that is focused on the pursuit of creativity. Podcast episodes are available to listen on all major podcast platforms and our website.

The Lyceum Gallery is an indoor exhibition space at The Derryfield School in Manchester, NH. Learn more about the Lyceum Gallery, our wonderful partner in this zine edition, at www.derryfield.org/arts/lyceum-gallery and www.instagram.com/lyceumgallery.

www.CreativeGutsPodcast.com
Instagram + Facebook: @CreativeGutsPodcast